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ABOUT ME

Medical University of Graz, Department of Internal Medicine, Research Unit for Ageing Medicine and Lifelong Health

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Publications: [Medizinische Universität Graz Austria/Österreich - Forschungsportal - Medical University of Graz \(medunigraz.at\)](https://www.medunigraz.at/medunigraz/medizinische-universitaet-graz-austria-oesterreich-forschungsportal-medical-university-of-graz)

EDUCATION & POSITION

Academic Milestones

- Spokesperson for the Human Medicine Curricular Commission (2022-2023)
- Master of Medical Education, University of Heidelberg, Germany
- Specialist in Angiology (2002)
- Venia Docendi in internal medicine at the Medical University of Graz (2002)
- Specialist in Internal Medicine (2000)

- Current and past WP and/or task-leads in EU-funded projects for integrated care, education and training and multidisciplinary care and prevention (e.g. VIGOUR, Grant Agreement Number 826640, Joint Action ADVANTAGE, Grant Agreement Number 724099; SCOPE, Grant Agreement Number 634869; NECTAR, Grant Agreement Number 621707)

Position

[2011 – Current]

Permanent position as Full professor for Geriatric Medicine at Medical University of Graz, Austria with teaching experience in undergraduate medical education and curricular development

RESEARCH INTEREST

Experiences & Domains of Research

Involved into academic research programs in the field of geriatric medicine and public health (including a strong focus on nutrition) for older citizens since 2005, co-applicant of several EU-funded projects (Horizon Europe & Erasmus+), stakeholder in several national and international projects, stakeholder in guidelines, care pathways and quality standards development.

As leader of the research unit "Ageing Medicine and Lifelong Health" at Medical University of Graz the strong focus and main domain of research is on interdisciplinary complex care management, including all aspects of secondary and tertiary prevention for aging well, also crosslinking projects in an integrated care approach.

ADDITIONAL RESEARCH ACHIEVEMENTS

Research Projects

- SPRINTT Sarcopenia & Frailty in older people across Europe (2016-2020) - EU-funded
- SCOPE Screening for chronic kidney disease (CKD) among older people across Europe (2015-2020) - EU-funded
- ADVANTAGE Joint Action Managing Frailty (2017-2019) - EU-funded
- NECTAR An EU-curriculum for Chef-Gastro Engineering in Primary Food Care (2020-2023) - EU-funded
- VIGOUR Evidence-based Guidance to Scale-up Integrated Care in Europe (2019-2022) - EU-funded
- Development of quality standards for the implementation of healthy nutrition in the long-term care (2021-2022) & the hospital setting (2022-2023) - funded by the Austrian Federal Ministry of Health
- StoryAID EU Humanizing Healthcare Education through the use of Storytelling (2019-2021) - EU-funded
- Development of diagnostic, treatment and referral pathways for nutrition in geriatric patients (2020) - funded by the Austrian Health Insurance
- Development of diagnostic, treatment and referral pathways for physical mobility impairments in geriatric patients (2020-2021) funded by the Austrian Health Insurance

Awards

- 2022 - Reward for best practice example for integrated health care (Integri Award Austria)
- 2022 - Dr. Michael Hasiba Prize for Teaching Research from the Medical Association of Styria: "Massive Open Online Course (MOOC) – Kidney Diseases in Old Age – elearning for training and further education in the field of geriatrics"
- 2009 - Poster Prize of the Austrian and German Society for Geriatrics: "Polypragmasia in geriatrics using the example of patients requiring chronic dialysis"
- 2009 - Dr. Michael Hasiba Prize for Teaching Research from the Medical Association of Styria: "Development of a Hidden Curriculum for the Department of Geriatrics in a Module Track Curriculum for Human Medicine"
- 2000 - American Union of Angiology Poster Prize: "Migration of smooth muscle cells predicts development of restenosis in PAD patients"

Current Scientific positions

- Austrian Society for Geriatrics and Gerontology (ÖGGG): Advisor to the president
- National Committee on Food and Nutrition (NEK) of the Austrian Ministry of Social Affairs and Health: member
- European Interdisciplinary Council on Aging (EICA): Board member
- Austrian Platform for Interdisciplinary Aging Research (ÖPIA): Board member
- Austrian Society for Clinical Nutrition (AKE): Board member & working group leader

Key Note Lectures

- 2017, Forum Hospital, Vienna - The aging patient in the emergency department,
- 2022, Congress of the Austrian Society for Geriatrics and Gerontology - What have we learned in science and practice about the nutrition of older people? From basic human rights to personalized medicine
- 2023, Forum Hospital, Vienna - Digitalization as added value for hospital processes

PUBLICATIONS

[Public health and clinical approach to proactive management of frailty in multidimensional arena](#)

[2021]

DOI: [10.7416/ai.2021.2426](https://doi.org/10.7416/ai.2021.2426)

[The Graz Malnutrition Screening \(GMS\): a new hospital screening tool for malnutrition](#)

[2016]

DOI: [10.1017/S0007114515004924](https://doi.org/10.1017/S0007114515004924)

Multicomponent intervention to prevent mobility disability in frail older adults: randomised controlled trial (SPRINTT project)

[2022]

DOI: [10.1136/bmj-2021-068788](https://doi.org/10.1136/bmj-2021-068788)

Early identification of frailty: Developing an international delphi consensus on pre-frailty

[2022]

DOI: [10.1016/j.archger.2021.104586](https://doi.org/10.1016/j.archger.2021.104586)

Towards optimal nutritional care for all: A multi-disciplinary patient centred approach to a complex challenge

[2020]

DOI: [10.1016/j.clnu.2020.03.020](https://doi.org/10.1016/j.clnu.2020.03.020)

Tackling frailty and functional decline: Background of the action group A3 of the European innovation partnership for active and healthy ageing

[2018]

DOI: [10.1016/j.maturitas.2018.06.009](https://doi.org/10.1016/j.maturitas.2018.06.009)

The "Sarcopenia and Physical fRailty IN older people: multi-component Treatment strategies" (SPRINTT) randomized controlled trial: Case finding, screening and characteristics of eligible participants

[2018]

DOI: [10.1016/j.exger.2018.09.017](https://doi.org/10.1016/j.exger.2018.09.017)

Development of a nutritional documentation tool: a Delphi study

[2019]

DOI: [10.1017/S0007114518003781](https://doi.org/10.1017/S0007114518003781)

Clinical Interventions to Improve Nutritional Care in Older Adults and Patients in Primary Healthcare - A Scoping Review of Current Practices of Health Care Practitioners

[2022]

DOI: [10.2147/CIA.S343307](https://doi.org/10.2147/CIA.S343307)

Chefs in Future Integrated Healthcare - Current State and Innovation Needs: A First Overview of the NECTAR Project (aN Eu Curriculum for Chef gasTro-Engineering in Primary Food Care)

[2022]

DOI: [10.5334/ijic.6436](https://doi.org/10.5334/ijic.6436)
